

## ABSTRACT

Provided is an optical information recording method and an optical information recording medium, which can achieve easy duplication in holographic recording. The optical information recording method is for recording information to an optical information recording medium 4 which includes an information recording layer to which information is recorded using holography. In the method, virtual information light 6 composed of information light 2 to which information is added by spatially modulating at least a part of light ray flux emitted from a light source and of recording-specific reference light 3 is generated, and virtual information light 6 and virtual recording-specific reference light 8 are irradiated onto the information recording layer so that information is recorded thereto by interference pattern generated by interference between virtual information light 6 and virtual recording-specific reference light 8.